

6th Avenue Heartache

拍數: 32 牆數: 4 級數: Improver
編舞者: Marianne van der Toorn Vrijthoff (NL) - May 2020
音樂: 6th Avenue Heartache - Sara Evans



Intro: 32 Counts

Sec 1: Side, Back Rock, Recover, Side, Behind, 1/8 Turn L, Hitch, Runs Back R-L-R, Hook, Step-Lock-Step fwd

1-2&3 RF. Step to R side - LF. Back rock - RF. Recover - LF. Step to L side
4&5 RF. Cross behind LF - LF. 1/8 Turn L step side - RF. Lift knee up (10:30)
6&7 RF. Step back - LF. Step back - RF. Step back
8&1 LF. Hook across R-knee - LF. Step forward - RF. Lock behind LF - LF. Step forward (10:30)

Sec 2: 3/8 Diamond Turn R, Side Rock, Recover, Cross Rock, Recover, 1/4 Turn R, Together, Side

2&3 RF. Sweep and cross over LF - LF. 1/8 Turn R step side (12:00) - RF. 1/8 Turn R step back (1:30)
4&5 LF. Step back - RF. 1/8 Turn R step side - LF. Cross over RF (3:00)
6&7& RF. Side rock - LF. Recover - RF. Cross rock over LF - LF. Recover
8&1 RF. 1/4 Turn R step forward - LF. Step together **R** - RF. Step to R side (6:00)

Sec 3: Cross Rock, Recover, Side, Cross Rock, Recover, Point, Swivel 1/4 Turn R, Swivel 1/2 Turn L and Sweep, Behind-Side-Cross

2&3 LF. Cross rock over RF - RF. Recover - LF. Step to L side
4&5 RF. Cross rock over LF - LF. Recover - RF. Point toe to R side
6-7 RF+LF. Swivel 1/4 turn R (drop slightly) - RF+LF. Swivel 1/2 turn L sweep LF from front to back (3:00)
8&1 LF. Cross behind RF - RF. Step to R side - LF. Cross over RF

Sec 4: Rumba Box, Back Rock, Recover, Full Turn L

2&3 RF. Step to R side - LF. Step together - RF. Step forward
4&5 LF. Step to L side - RF. Step together - LF. Step back
6-7 RF. Back rock - LF. Recover
8& RF. 1/2 Turn L step back - LF. 1/2 Turn L step forward (9:00)

Start Again

Restarts: In the 5th, 8th (6:00) and the 10th wall (3:00) after count 16&, count 8& of the 2nd block

Contact: mvdtoornvrijthoff@gmail.com